

WHALe Ready Bench Meet of Champs and All Stars

WHALe Ready Bench Job

1 rep from each team (and alternates) handle the following:

- a) **Coordinate with other the other 5 teams' WHALe Ready Bench Reps * in your division to bring equipment & supplies, make posters and prepare the area**
- b) **Escort all swimmers from Gathering point to Poolside takeoff point.**

Equipment List – see previous page.

Supply List (suggested)

1. Poster Board – Large (2-5) and small (10-20)
2. Duct Tape to hang posters, etc.
3. Caution Tape (non sticky) from hardware store
4. Black sharpie markers – extra wide tip for high visibility from a distance, also regular tips
5. Extra Nametags (WHALe doesn't provide many)
6. Index Cards if you want

At home preparation - See chart of suggested posters to make

Suggestions for Ready Bench Area Preparation

1. **Identify bleachers** to reserve for swimmer staging areas and reserve them.
2. **Heat Sheet** – make sure you have one. WHALe provides ONE to each team's Ready Bench, I believe. Figure out how to get that, and/or be prepared to purchase your own (for \$5) at the Heat Sheet table. Hopefully you are all set prior to the Ready Bench meeting.
3. **Efficient Swimmer Flow** -Understand the most **efficient way** to get the swimmers through the staging areas (seating by heat, and identify which end of the bench for each station should be for which lane, 1 or 8, for best efficiency). Identify for relays, where to place swimmers 1&3 and 2&4 for best efficiency. You don't want to be switching kids around at the last minute. Use layout on website.
4. **Posters** – Follow notes on Poster Chart.
5. **Minimize Crowds** – See notes on "Poster Chart." Idea: Provide and use duct tape at the Line Up point on the ground to show where swimmers line up, so it doesn't get too crowded. You could even put signs (using index cards) outside the lineup area on the wall for Heat 1, 2, 3, etc so the kids can group themselves as they walk up, before you even start calling names.
6. **Meeting** – have this 45 minutes prior to meet start at the lineup point for all "WHALe Ready Bench" reps and Swimmer Communication rep. As reps arrive to the meeting, have them each make their own nametag, if they don't already have one. "Name, WHALe Ready Bench."
7. **Continuous coverage** Agree upon the stations and agree upon who will be stationed where, and what each rep's role is. To leave the area, please have an alternate from your team replace you. Please do cross training and introductions.

8. Use **walkie talkie** to inform Communication Rep to announce the next group lining up (and Communication Rep updates the flip charts in the Teat Areas). Meet him/her in the meeting.

Relays (only at Meet of Champs):

1. For a given heat, place swimmers 1&3 together, and swimmers 2&4 together. Each group swimmers stays together on its bench. As a bench empties out, that group moves ahead to the next bench.
2. Swimmer 4 will end up at the 'Timer End.' Therefore:
Swimmers 1&3 start at the 'Timer End.'
Swimmers 2&4 start at the 'Opposite End.'

Other Events – Takeoff Point

I.M.s start at the Timer End

25's individuals start at the Opposite End (ages 4-10)

50's individuals start at the Timer End (ages 11-18)

***Contacting other teams** – If you don't know how to reach the other team's WHALe Ready Bench reps, please ask your WHALe league rep to help give you contact info, so you can coordinate bringing helpful equipment.

** An alternate to drawing the layout on poster would be to e-mail the file to Kinkos to print on a poster. Cost ~\$40? <http://fedex.com/us/office/marketing/>

Any ideas/suggestions for these notes are welcome. Please e-mail: katymom6@gmail.com

Thanks so much for all of your help to make this a great day!